Walmart Canada charging for plastic bags

Vancouver metro

Your essential daily news | TUESDAY, JANUARY 26, 2016

Pope pens book of answers (to kids' questions)

metroLIFE

High 9°C/Low 7°C Rain

Mystery still swirls around UBC resignation

FREEDOM OF INFORMATION

861 pages of documents fail to explain why president left

Matt Kieltyka
Metro | Vancouver

The circumstances surrounding Arvind Gupta's resignation as president of the University of British Columbia remains a public mystery despite the release of hundreds of documents Monday.

The university has released 861 pages of emails, reports, expenses, notes and other documents in response to Freedom of Information requests made since Gupta's departure Aug. 7, 2015.

While the terms of Gupta's resignation are outlined in the release, little else sheds light on why the computer-science professor resigned just a year into his term as president.

Publicly, the university said Gupta — who developed a strategy to support diversity and under-represented groups and improve access to mental-health services during his brief tenure as president — resigned to resume his academic career.

However, groups like the UBC Faculty Association have been skeptical of the official reasons and, in the aftermath, university chair John Montalbano also stepped down, pending investigation, for alleged meddling in academic affairs for contacting gender and diversity professor Jennifer Berdahl after she speculated "Gupta lost the masculinity contest among the leadership at UBC."

Many of the emails between Gupta and Montalbano that were released Monday appear cordial and offer little insight into the months leading up to Gupta's resignation.

Other emails released Monday include reporters' attempts to contact Gupta and colleagues expressing their surprise and support after the resignation.

Newly disclosed release documents, signed Aug. 6, 2016, stipulate that Gupta would resign immediately as the president and vice-chancellor of UBC but retain his position as professor in the Department of Computer Science.

It was agreed his salary as professor "will be the greater of the highest-paid professor in the Faculty of Science of the University and 50% of Professor Gupta's annual Salary as President."

The university agreed to top up Gupta's salary to the same level he was paid as president ($446,750 a year) for six months, grant him a one-year leave of absence and provide him with a $130,000 research grant to be used any time during his tenure as a professor.

Since the resignation, Gupta has taken up a position as distinguished visiting professor at the University of Toronto's computer-science department. Martha Piper, UBC president from 1997 to 2006, is currently back in that role on an interim basis until a permanent replacement is found.

WITH FILES FROM THE CANADIAN PRESS

metro NEWS

Your essential daily news

Banksy takes a swipe at France's handling of migrant crisis. **World**

Bunny yoga: It's not just some hare-brained idea

ANIMAL ADOPTION

Workout class brings people together with potential pets

Thandi Fletcher
Metro | Vancouver

Yogis in Richmond are putting a new twist on rabbit pose, and it's already proving to be a hoppening trend.

On Sunday, Sunberry Fitness teamed up with Bandaids for Bunnies, a non-profit rabbit rescue group in Richmond, to offer a yoga class with rabbits.

The sold-out class saw 27 students joined on their mats by 10 fluffy animals hopping around the studio.

The goal of the class is to find homes for the rescued animals and to raise awareness about Richmond's rabbit overpopulation crisis, said Janet Keating, a board member for the rescue group who also took part in the class.

"(The bunnies) made a lot of friends and we got a lot of interest in adoptions and fosters," Keating told Metro. "With rabbits being a prey animal, they're a little bit skittish, but we take rabbits that we know are going to be a good experience for the class."

The rescue group came up with the idea of bunny yoga after one of its board members, who is also a regular at Sunberry Fitness, joked about the idea with studio owner Julia Zu.

> **We take rabbits that we know are going to be a good experience for the class.**
> Janet Keating

The studio held its first bunny yoga session last November.

When that class sold out, they decided to host another class last weekend.

Together, the classes have raised more than $1,000 for Bandaids for Bunnies.

"People really enjoy it," said Zu. "A lot of them can't have pets at home because some apartments don't allow pets, so it's a way for them to be close to animals."

Sunberry Fitness is offering **yoga classes with bunnies** in an effort to find homes for the fluffy animals and raise awareness about Richmond's rabbit overpopulation crisis. COURTESY SUNBERRY FITNESS

This isn't the first yoga class with bunnies in Vancouver.

Last October, the Small Animal Rescue Society of B.C. held a fundraiser yoga class with bunnies.

That class also sold out.

Zu said plans are already underway to host another class at Sunberry Fitness around Easter.

IN BRIEF

Bridge between islands too costly to consider

The province says the costs of building a bridge from Nanaimo to Gabriola Island outweigh the potential benefits.

A feasibility study into the project says the bridge could technically be built, but would not be as cost-effective as the current ferry link.

Road and bridge options in the study by engineering consulting firm CH2MHill ranged from $258 million to $520 million. THE CANADIAN PRESS

Prioritize mental health, nurses' union insists

The B.C. Nurses Union says the provincial government must do a better job at providing mental-health services.

A release issued by the union says there are not enough programs to meet the growing demand across the province.

The union calls on Premier Christy Clark and Health Minister Terry Lake to make mental-health care a priority.

BCNU vice president Christine Sorensen says one in five people will experience mental illness but she says patients and their families lack support. THE CANADIAN PRESS

Alleged UN gang members charged with murder

CRIME

Police say pair also had plan to take out rival leaders

Thandi Fletcher
Metro | Vancouver

Nearly a decade after Metro Vancouver was terrorized by a violent gang war, two alleged United Nations gang members have been arrested and charged with first-degree murder and conspiring to kill the leaders of a notorious rival crime group.

The RCMP's Integrated Homicide Investigation Team (IHIT) and B.C.'s Combined Forces Special Enforcement Unit announced the arrests and charges Monday.

Troy Tran, 32, and a 31-year-old man, who police are not yet identifying to protect the integrity of the investigation, have been charged with first-degree murder in the deaths of Kevin LeClair and Jonathan Barber.

Both men are also charged with conspiracy to commit murder of the notorious Bacon brothers — Jonathon, Jarrod and Jamie — leaders of the rival Red Scorpions gang, police said.

The men were arrested Friday as part of a joint-forces project that saw dozens of officers and SWAT members from Metro Vancouver and Calgary execute 13 search warrants in locations in both cities.

Also charged with conspiracy to commit murder of the Bacon brothers and first-degree murder in connection with the death of LeClair is Conor Vincent D'Monte, believed to be the leader of the UN gang. He remains at large and is wanted on a Canada-wide warrant.

The Vancouver Police Department's emergency-response team carries out an arrest at a condo building in Yaletown on Friday in connection with the deaths of Kevin LeClair and Jonathan Barber. THANDI FLETCHER/METRO

Alleged UN leader Conor Vincent D'Monte COURTESY IHIT

> These homicides create a lasting effect on our communities that does not diminish with time.
> RCMP Supt. Dwayne McDonald

"These homicides create a lasting effect on our communities that does not diminish with time," RCMP Supt. Dwayne McDonald, officer-in-charge of IHIT, told reporters.

"Police will continue to collectively work together and create effective joint-forces operations in order to bring justice to those who flagrantly and continually put lives at risk."

Barber was shot and killed in May 2008, an innocent victim of a brutal gang war that gripped Metro Vancouver over the course of 14 months in 2008 and 2009.

A stereo installer, Barber was killed while driving Jonathan Bacon's Porsche. He was going to install some speakers in the vehicle. Barber's girlfriend, who was following behind him, was injured.

Kevin LeClair, a member of the Red Scorpions, was gunned down in broad daylight in the parking lot of a Langley shopping centre in February 2009.

To date, seven people have been convicted for conspiracy to commit murder in connection with the investigation, police said.

On Friday, police also arrested and charged alleged UN gang member David Murphy of Surrey. He is charged with possession for the purposes of trafficking, possession of stolen property and possession of a prohibited firearm.

WITH FILES FROM THE CANADIAN PRESS

GLOBAL REPORT

Vancouver third-least affordable for houses

Matt Kieltyka
Metro | Vancouver

Vancouver gained one spot in an international housing-affordability survey released Monday but still ranks third-worst.

Demographia's 12th annual survey divides median house prices by the gross annual median household income to assess housing affordability, a measure recommended by the World Bank and the United Nations.

According to the survey, Vancouver has the third-least affordable housing market out of 87 major metropolitan markets in nine countries (Australia, Canada, China, Ireland, Japan, New Zealand, Singapore, the United Kingdom and the United States).

Hong Kong ranked the least affordable, while Sydney, Australia, overtook Vancouver this year for the second-least affordable market. The report notes that Vancouver's house prices could rise "much more" but warned it is one of the most vulnerable markets to real-estate bubble risk.

The survey's methodology has been criticized in the past for only including nine countries and factoring in only detached home prices, but Mayor Gregor Robertson conceded at the release of the 2015 survey that the city's poor ranking isn't "news to anyone living here."

"Affordability is a huge challenge for us," he told Metro at the time. In Canada, Victoria ranks second-most unaffordable, followed by Toronto in third, the Fraser Valley in fourth and Kelowna fifth.

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POLITICS

Clark battles opposition on LNG, trade deal

Premier Christy Clark had sharp words Monday for what she calls the "forces of No" who resist government initiatives purely out of a fear of change.

First Nations leaders quickly shot back, saying Clark's comments were "paternalistic" and "mindless."

Clark made the statements during a news conference where she fielded questions about opposition to the Trans-Pacific Trade Partnership, environmental concerns over liquefied natural gas development and tax breaks for the mining industry.

She said negotiating trade pacts and resource developments involves tough, but potentially rewarding benefits and she would rather be known as an achiever than a quitter.

"There are people who just say no to everything, and heaven knows there are plenty of those in British Columbia," said Clark. "But just because it's hard doesn't mean you give up."

She criticized a coalition of First Nations, environmentalists and Opposition New Democrats who signed a declaration demanding a protection zone near a proposed multibillion-dollar LNG project at Lelu Island.

"I'm not sure what science the forces of No bring together up there except that it's not really about the science," said Clark. "It's about fear of change. It's about a fear of the future."

Pacific Northwest LNG, backed by Malaysian energy giant Petronas, has proposed to build an LNG export terminal at Lelu Island. The proposed project is billed as the largest private-sector investment in B.C.'s history, valued at $36 billion and estimated to create 4,500 construction jobs.

But the area at the mouth of the Skeena River is considered vital to the ecosystem of B.C.'s second-largest salmon-bearing waterway. THE CANADIAN PRESS

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A green sea turtle was rescued from a remote beach on Vancouver Island Saturday. VANCOUVER AQUARIUM/THE CANADIAN PRESS

Threatened sea turtle, seal rescued

WILDLIFE

Animals found off Vancouver Island are rare sights in B.C.

The head veterinarian at Vancouver's aquarium says the warm currents of El Nino may be behind the recent strandings of two animals rarely seen in Canadian waters.

A green sea turtle was rescued from a beach on Vancouver Island's Pacific Rim National Park on Saturday, and a male Guadalupe fur seal was rescued from the same park last Thursday.

These kind of strandings often increase in El Nino years when water is warmer off British Columbia, said Dr. Martin Haulena.

It's unusual to spot a green sea turtle in Canadian waters, and Haulena said he believes this is the first time a fur seal has ever been stranded in B.C.

The rescued animals were taken to the Vancouver Aquarium's Marine Mammal Rescue Centre, where the seal is being treated for starvation and dehydration, while the turtle was hypothermic and has wounds to its shell.

"Both animals share the same clinical signs in that they are very weak, very slow, very lethargic and can't swim very well on their own," said the veterinarian.

Guadalupe fur seals generally live off of the coast of California and on Mexico's Guadalupe Island, and are listed as a threatened species in the U.S.

Warm waters likely forced the seal to seek colder and colder waters to hunt, Haulena said.

"I'm quite worried about the seal," he said, adding that fur seals often don't survive when they become stranded.

The young male has been given fluids and antibiotics, but is not eating on his own and the veterinary team isn't sure if he has any other injuries or illnesses in addition to starvation.

> **Changing water temperatures, changing currents, that's kind of the prime suspect.**
> Dr. Martin Haulena

The prognosis is better for the turtle, Haulena said.

Green sea turtles are listed as endangered worldwide and are usually in the waters of Mexico and Hawaii.

The animals are dependent on external conditions for their body temperature.

"Whatever the temperature around them is, that's what their temperature is," Haulena explained. "So as they get caught in these currents that are travelling into colder and colder water, they themselves get colder and colder."

The turtle had a body temperature of 11.2 C when it was brought in, far below the normal body temperature of about 20 C. THE CANADIAN PRESS

U.S. may turn off falls

NIAGARA RIVER

Water would be directed to Canada during bridge repairs

New York officials say the American side of Niagara Falls may be redirected to the Canadian side to support a series of infrastructure projects. ISTOCK

The American side of Niagara Falls may temporarily turn into a rock patch.

New York State officials are planning a public hearing on Wednesday to discuss whether to turn off the taps on their side of the waterway while replacing 115-year-old bridges.

To do this, they might stem the flow on the American side of the falls while redirecting Niagara River water to the Canadian side.

"We would divert," Randy Simons, of the New York State Parks, Recreation & Historic Preservation, said in a telephone interview. "The water would go over the Canadian side."

Whatever happens on Wednesday, the public won't see rocks instead of water on the American side of the iconic falls for several years, Simons said.

"You're looking at at least three, five, seven years," Simons said. "We don't have any funding on this."

It would take federal funding to support the project, expected to cost tens of millions of dollars, Simons said.

The agenda for the Wednesday meeting includes the presentation of three proposals, two of which call for "de-watering" of the falls, Simons said.

One of the "de-watering" proposals involves shutting the American falls down for five months and the other for seven months, Simons said.

The bridges were built in 1900 and 1901 and they have been refurbished in 1969, 1980, 2004 and 2013.

If "de-watering" occurs, it wouldn't be the first time the falls went dry.

U.S. engineers diverted water away from the American falls for several months in 1969.

The water-less falls in 1969 actually proved to be a tourism draw and that could happen again, Simons said.

"They had a unique tourism opportunity when that happened," Simons said. "We think it would be a huge tourism draw (again). It would be a once-in-a-lifetime (opportunity)."

TORSTAR NEWS SERVICE WITH FILES FROM THE ASSOCIATED PRESS

LA LOCHE

Bullying provoked shooting: Friend

If being bullied and teased about his big ears bothered him, he didn't let on, said those close to the 17-year-old suspect in a deadly shooting spree in northern Saskatchewan.

The teen, who can't be named under the Youth Criminal Justice Act, appeared in court Monday and is accused of orchestrating the school shooting, one of the deadliest in Canada's history, at La Loche Community School last Friday.

Childhood friend Emilio Montgrand, 25, said the alleged shooter was teased about his appearance, especially his big ears. Despite their age difference, Montgrand said the two were close.

"I do blame the bullying," Montgrand said.

The tall, thin 17-year-old wore an orange jumpsuit and had his legs and hands shackled as he was brought into a packed courtroom in Meadow Lake, a community about 350 kilometres south of La Loche.

The suspect is charged with four counts of first-degree murder and seven counts of attempted murder. He is to be held in custody until his next court appearance Feb. 22.

TORSTAR NEWS SERVICE

IN BRIEF

Toronto officer guilty of attempted murder

After six days of deliberations, an 11-member jury found Const. James Forcillo guilty of attempted murder Monday in the shooting death of 18-year-old Sammy Yatim on an empty streetcar.

THE CANADIAN PRESS

Canada calls out Israel on settlement construction

Israel's practice of constructing settlements in territory claimed by the Palestinians faced criticism Monday from Stéphane Dion. He called it — as well as the Palestinian pursuit of unilateral statehood — impediments to peace.

THE CANADIAN PRESS

FIRST NATIONS

Child welfare ruling on the way

Nine emotional years after she first challenged the federal government, First Nations child-welfare advocate Cindy Blackstock is awaiting a ruling from the Canadian Human Rights Tribunal that will determine if Canada has discriminated against children on reserves.

Blackstock is the executive director of The First Nations Child and Family Caring Society of Canada, which filed the complaint with the Assembly of First Nations in 2007.

It argued the federal government failed to provide First Nations children the same level of welfare services that exist elsewhere, contrary to the Canadian Human Rights Act. It said this was discrimination on racial grounds. The ruling will be published online Tuesday. THE CANADIAN PRESS

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Cold snap blamed for 65 deaths

EAST ASIA

Countries see coldest days, heaviest snow in 50 years

Unusually cold weather in eastern Asia has been blamed for more than 65 deaths and brought the first snow to a subtropical city in southern China in almost 50 years. Here is a look at the worst cold weather to hit the region in years:

TAIWAN

Temperatures in Taiwan's capital of Taipei plunged to a 16-year low of 4 degrees Celsius, killing 57 mostly elderly people, according to government officials. The semi-official Focus Taiwan news website reported that 85 people had died because of the cold.

Most homes in subtropical Taiwan lack central heating, and the cold caused heart trouble and breathing problems for many of the victims, a city official said.

Normally, temperatures in Taipei hover around 16 degrees C in January, according to Taiwan's Central Weather Bureau.

The cold snap was blamed in the deaths of 40 people in the capital, Taipei, and 17 in neighbouring New Taipei City. The cold front also left 9 centimetres of snow on Taipei's highest peak.

MAINLAND CHINA

Most parts of mainland China experienced their coldest weather in decades over the weekend.

The southern city of Guangzhou, which has a humid subtropical climate, saw snow for the first time since 1967 on Sunday.

The cold led to the deaths of four strawberry farmers who died of carbon monoxide poisoning when they turned up the heat in a greenhouse in Anhui province in the east, the Xinhua News Agency reported.

A woman died in the southwest after the railings on her 24th-floor balcony broke as she leaned over to look at the first snow in Chongqing in 20 years, sending her plummeting.

The cold spell coincided with the beginning of the 40-day travel rush for the Lunar New Year, which is on Feb. 8 this year, disrupting cars, flights and trains.

More than 11,000 passengers were stranded at Kunming airport in southern Yunnan province.

Temperatures fell 8 to 16 degrees Celsius from Thursday to Sunday in parts of north China, and temperatures in central and eastern China were 6 to 8 degrees lower than average, Xinhua said.

JAPAN

Heavy snow in western and central Japan left five people dead over the weekend and possibly a sixth on Monday.

Kyodo News service said the victims included a woman who fell from a roof while removing snow, a man in a weather-related traffic accident, another man found under a snowplow and a couple that fell into an irrigation channel, apparently while removing snow.

An 88-year-old woman in western Japan's Tottori prefecture died after a landslide hit her house before dawn on Monday, Kyodo and other media reported.

SOUTH KOREA

Temperatures in the capital, Seoul, fell to minus 18 degrees Celsius on Sunday, the lowest since 2001. On Saturday, Jeju Island received 12 centimetres of snow, the heaviest since 1984, and its airport was closed from Saturday until Monday.

The shutdown stranded about 86,000 people, mostly tourists, on the island and forced the cancellations of about 1,100 flights, according to Transport Ministry and airport officials.

THE ASSOCIATED PRESS

WALLY SANTANA/THE ASSOCIATED PRESS

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REFUGEE CRISIS

New Banksy mural criticizes France

British graffiti artist Banksy is tackling the refugee crisis once again, with a new mural criticizing the use of tear gas against migrants in "The Jungle" camp in Calais, France.

In the new piece, Banksy depicts the young girl from the play Les Misérables with tears in her eyes as plumes of tear gas rise up from a canister beneath her. A ripped French flag is also painted behind her. The image appeared opposite the French embassy in Knightsbridge, London, overnight on Saturday, The Guardian reported.

It is the first time Banksy has made an interactive mural.

When passersby hold their phones over a QR code beneath the image, they are directed to a YouTube video of a nighttime raid on the Calais camp on Jan. 5.

Workers boarded up the mural, but the boards were removed shortly thereafter, the BBC reported. The mural has been damaged after attempts have been made to take it down.

This isn't the first time Banksy has tackled the refugee crisis.

In December, the artist depicted Apple founder Steve Jobs in a mural at the Calais camp itself. The image shows Jobs carrying a garbage bag over his shoulder and an early Apple computer.

"We're often led to believe migration is a drain on the country's resources but Steve Jobs was the son of a Syrian migrant," Banksy wrote in a statement accompanying the piece. "Apple is the world's most profitable company, it pays over $7 billion a year in taxes — and it only exists because they allowed in a young man from Homs."

TORSTAR NEWS SERVICE

A new Banksy artwork displayed opposite the French embassy on Monday in London. GETTY IMAGES

IN BRIEF

U.K. company criticized for migrant wristband policy

A private company that required asylum-seekers to wear red wristbands says it has dropped the practice after facing heavy criticism.

A statement from Clearsprings Ready Homes said it has decided to end the practice Monday. The policy had come under fire from legislators who warned it singled migrants out for possible harassment and abuse.

Clearspring holds a government contract to provide accommodation and meals to the asylum-seekers at a facility in Cardiff, Wales. Asylum-seekers are not allowed to work or to claim welfare benefits but they are given food and shelter.

THE ASSOCIATED PRESS

U.S. grand jury absolves Planned Parenthood of wrongdoing

A Houston grand jury investigating undercover footage of Planned Parenthood found no wrongdoing Monday by the abortion provider but indicted anti-abortion activists involved in making the videos that provoked outrage among Republican leaders. THE ASSOCIATED PRESS

International Trade Minister Chrystia Freeland says countries have two years before making a final decision. THE CANADIAN PRESS

Canada to sign treaty

TRANS-PACIFIC PARTNERSHIP

Too soon to close door on deal: Freeland

The federal government has confirmed that it intends to sign the controversial Trans-Pacific Partnership trade deal at a meeting on Feb. 4 in New Zealand.

But when it comes to ratification of the 12-country treaty, the Liberals are still perched squarely atop the fence.

"Just as it is too soon to endorse the TPP, it is also too soon to close the door," International Trade Minister Chrystia Freeland wrote Monday in an open letter posted on her department's website.

"Signing does not equal ratifying.... Signing is simply a technical step in the process, allowing the TPP text to be tabled in Parliament for consideration and debate before any final decision is made."

Only a majority vote in the House of Commons would ensure that Canada seals the deal, she added.

She has also requested a thorough, transparent study of the agreement by parliamentary committee.

Freeland said each country has up to two years to consider ratification before making a final decision. She pointed out that by signing the deal Canada will keep its status as a potential full partner in the agreement.

Trade ministers from the TPP's partner countries have been invited to sign the deal on Feb. 4 in Auckland.

THE CANADIAN PRESS

IN BRIEF

Walmart ending free bags
Beginning Feb. 9, Walmart Canada will charge five cents for plastic bags as part of its strategy to cut the amount of plastic that ends up in landfills. Reusable bags will be available for a discounted rate of 25 cents each. Walmart says some of the proceeds from the new charge will go toward supporting recycling initiatives for grocery bags and other thin plastic. The company said it's also going to improve in-store recycling and collection programs and work with suppliers to find ways of removing plastic from its packaging.
THE CANADIAN PRESS

McDonald's sales rise
McDonald's, fighting to win back customers, says offering breakfast around the clock helped jolt its sales which rose 5.7 per cent in the U.S. for the final three months of 2015. It was its best showing since early 2012.
THE ASSOCIATED PRESS

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Your essential daily news
Tuesday, January 26, 2016

THE BIG THING: MEDIA MELTDOWN

A trickle of job losses in Canadian news media became a gush this month as Postmedia, Torstar and now Rogers Media are together showing hundreds of employees the door. Meanwhile, serious labour strife has broken out at the Halifax Chronicle Herald, and some of the country's oldest daily newspapers are being tossed onto doorsteps, in print form, for the very last time. What's the scoop on the media's troubles?

NEED-TO-KNOW NUMBERS

Rogers Media revealed Monday it's nixing 200 jobs in publishing, broadcasting and administration, though exactly who's getting the axe hasn't been announced yet.
Metroland Media announced Monday the Guelph Mercury will close its print edition and let go of 23 full-time and three part-time employees. The Toronto Star announced plans in January to consolidate its printing in one plant; cutting 300 jobs, including 13 editorial positions. (Metroland, like Metro News, is part of Torstar).
Postmedia said goodbye to 90 employees last week and merged the staff of its formerly competing Sun and Postmedia newspapers in Edmonton, Ottawa, Vancouver and Calgary.
La Presse, a major French-language daily, shut its weekday print edition in December, making 158 employees redundant.
Bell Media laid off 380 employees in November, most of whom worked in media production and editorial roles.

What's old is news again

Much has been made of Postmedia's plans to merge daily paper operations in major cities. But the industry has gone through periods of consolidation before — throughout the 19th and 20th centuries, in fact. Have you ever noticed how many newspapers have double-barrelled names? The Saskatoon Daily Star and The Daily Phoenix became the Saskatoon StarPhoenix in 1928. The Toronto Mail and Toronto Empire became the Mail and Empire in 1895, and in 1936 merged with the Globe, creating today's Globe and Mail. There are similar stories about the Times Colonist in Victoria (merged in 1980), the Halifax Chronicle Herald (1949), and maybe your hometown paper, too.

THE BIG NUMBER

$650M

The problems at Postmedia, Canada's largest newspaper chain, can be summed up in one word: debt. Last week's cuts were just one part of a plan to shave $80 million from the company's costs by the middle of next year — and even that won't get it back into the black. It owes more than half a billion dollars. The interest payments alone are about $60 million per year, much of it going to American hedge funds that own part of the company. Moody's Investors Service downgraded its debt rating for Postmedia this week, saying its purchase of Sun Media last spring had a worse than expected impact on the books. Moody's also expressed doubt that Postmedia would be able to refinance its debt before it comes due in 2017 and 2018. SOURCE: REPORT ON BUSINESS

Cause of the crisis

Perhaps surprisingly, the average time Canadians spend reading the newspaper has stayed almost the same since 2000, at around three hours per week, according to the Interactive Advertising Bureau of Canada. And 70 per cent of us were still staining our fingers with newsprint on a regular basis in 2013, says a PricewaterhouseCoopers report. It's the advertisers, more so than readers, who have fled to the web. PwC analysts expect print advertising revenue in Canada to decline from $2.7 billion in 2008 to $1.7 billion by 2017— a billion-dollar loss. Where is that money going? Facebook and Google together hold more than 55 per cent of the U.S. mobile advertising market; where the growth in the industry is. It's likely the picture in Canada is similar.
SOURCE: REPORT ON BUSINESS

ROSEMARY WESTWOOD

metroview

Twitter is not the digital equivalent of the public park

Twitter is no walk in the park.

Not figuratively, for the many women subject to a regular dose of rape and death threats — but not literally, either.

It's not the digital equivalent of the public park, or public sphere, as has been suggested by pundits analyzing the not-guilty verdict handed down Friday in the country's first-known Twitter harassment case.

Far from being the wild west or the great wide open, Twitter is a private company, operating for profits. And anyone lauding the Twitter verdict as a victory for freedom of speech should expect those celebrations to be short-lived.

Because, on Twitter, exactly the kind of freedom of speech protected by the verdict is bad for business.

The background: Gregory Alan Elliott had been charged with criminal harassment after he sent numerous tweets to and about two women in 2012. The women testified that they feared for their safety. Judge Brent Knazan believed the women were harassed, and that they did fear for their safety, but he found that fear was not reasonable or proved beyond a reasonable doubt.

But Elliott, who boasted after the verdict that his tweets were "within the law," should note that his actions violate Twitter's own harassment policy. The company is setting the bar much lower than the courts, in an attempt to fight abuse of exactly the kind he spewed.

Last year, Twitter's then-CEO admitted that "We suck at dealing with abuse and trolls on the platform, and we've sucked at it for years."

Twitter has since been making efforts to change that, and last month it released yet another update to its rules. Those changes include making it easier for users to report abuse, and for Twitter to lock accounts and force offensive tweeters to delete their comments.

But even so, the company is walking a fine line. Trolls are bad PR and a bad user experience, but many users demand Twitter uphold principles of free speech, even though, unlike Judge Knazan, it's under no legal obligation to do so. Hence the site's somewhat self-negating claim that its "taken several steps to fight abuse in order to protect freedom of expression."

But Twitter won't be able to have its cake and eat it, too. Now that we know the courts aren't the place to police Twitter harassment, it's even more obvious that job falls to Twitter — which, after all, runs the place.

metro
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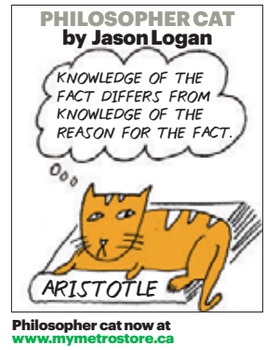

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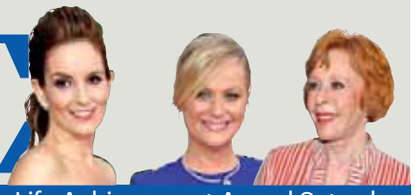
Your essential daily news



Fey, Poehler to present Carol Burnett with SAG's Life Achievement Award Saturday

Stepping back from the abyss

MENTAL HEALTH

Author shares his hard-won wisdom of how to defeat depression

Henrietta Walmark
Metro | Canada

When Matt Haig was 24, he walked to the edge of a cliff, ready to step off and end his life. He had fallen into his first depressive state and very nearly committed suicide. Haig's memoir, Reasons to Stay Alive (HarperCollins, $19.99), is rooted in that moment and the yearlong breakdown that followed.

A decade and a half later, the bestselling author of The Radleys and The Humans admits he was initially reluctant to share his history of depression and anxiety. "I was someone who hid behind the relative security of fiction, who was the sort of writer who explored things in an abstract or indirect way," Haig, now 40, says during a phone interview from England. "For various reasons I was worried about putting pen to paper about this."

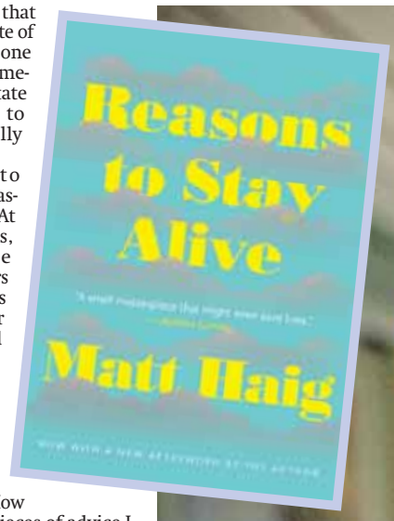
Haig needn't have worried. Although the book was released in Canada just last week, Reasons to Stay Alive launched a year ago in Britain where it became a Sunday Times bestseller and was lauded by Stephen Fry, Jeanette Winterson and Michael Palin.

While the narrative thread of the book follows how Haig triumphed over his illness, Reasons to Stay Alive takes on a somewhat unconventional form. "Even as I was writing it, I was trying work out what the book was," Haig says. "I ignored thinking in terms of writing an academic book or a straightforward memoir or a straightforward self-help book."

All Haig cared about as he was writing, he says, was how to engage someone's attention. "I wanted to make a difference to someone in that [depressive] state of mind, or someone who knows somebody in that state of mind, and to try and actually help them."

Reasons to Stay Alive is easily accessible. At just 200 pages, some of the book's chapters are as short as a single page or are comprised of lists like Things people say to depressives that they don't say in other life-threatening situations, or How to live (forty pieces of advice I feel to be helpful but which I don't always follow).

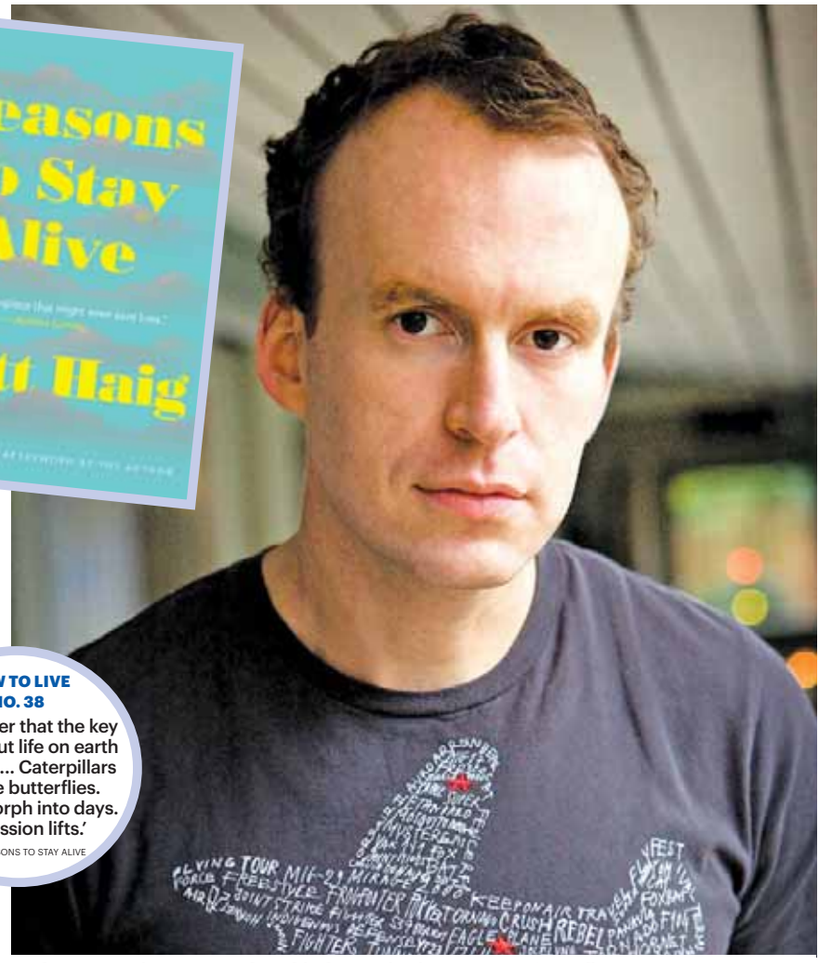
When asked what single piece of advice he would offer someone in a depressive state, Haig says, "Things change," and later adds: "Try and allow hope in, to realize that you will not stay in that place, that you will be a different person 10 years from now. Everything in your life will get better. Life is up and down but it will not stay the same. When you're feeling that pain, it's very important that you understand that."



HOW TO LIVE NO. 38

'Remember that the key thing about life on earth is change... Caterpillars become butterflies. Nights morph into days. Depression lifts.'

FROM REASONS TO STAY ALIVE



Author Matt Haig opens up about his depression in Reasons to Stay Alive. CONTRIBUTED

EXISTENCE RECONSIDERED

Life lessons extend beyond mental illness

"I don't wish depression on anyone, but from someone who's had depression, one of the ways of coming to terms with it is actually to be thankful for some of the stuff it gives you. It forces you to think about your existence in a different way," says Haig.

"It was just a natural thing of where depression led me, and also how depression can actually help people without depression — how there are life lessons which extend beyond the illness and how best to cope with it."

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UBC

Would you take placenta pills?

MOTHERHOOD

Critics worry about possible health risks of growing trend

Kim and Kourtney Kardashian have tried them. So have January Jones and Holly Madison. And in recent years, more and more new moms are popping capsules of dried, ground placenta.

It's a trend members of the medical community are noticing. Advocates tout the potential — albeit unproven — health benefits of the pills, from reduced rates of postpartum depression to a post-birth energy boost. At the same time, some health professionals are raising red flags about the possible health risks surrounding preparing and consuming the organ that nourishes a growing fetus.

The supplement-sized capsules are made from the woman's own placenta, which is expelled following the birth of her child. Moms who've tried the pills report an increase in milk supply and a sense of balanced hormones, says Meaghan Grant, co-owner of Toronto Family Doulas which is rolling out "placenta encapsulation" starting March 1.

Melanie Pereira, a 36-year-old mother of two from Mississauga, used the pills back in 2011 after the birth of her second child and sensed a boost in her emotion levels and milk production. "I felt amazing," she says.

While she knows it could be a placebo effect, Pereira thinks it's "wonderful" placenta pills have become more accessible to women in recent years, given the potential benefits.

But despite the growing popularity of placenta pills, none of the limited amount of scientific research available shows any benefits from the practice.

A 2015 Northwestern Medicine review of 10 published studies on placentophagy — as in, ingesting the placenta — didn't turn up any human or animal data to back up claims that consuming placenta in pill or other forms reduces postpartum depression, boosts energy or aids in the increased production of breast milk.

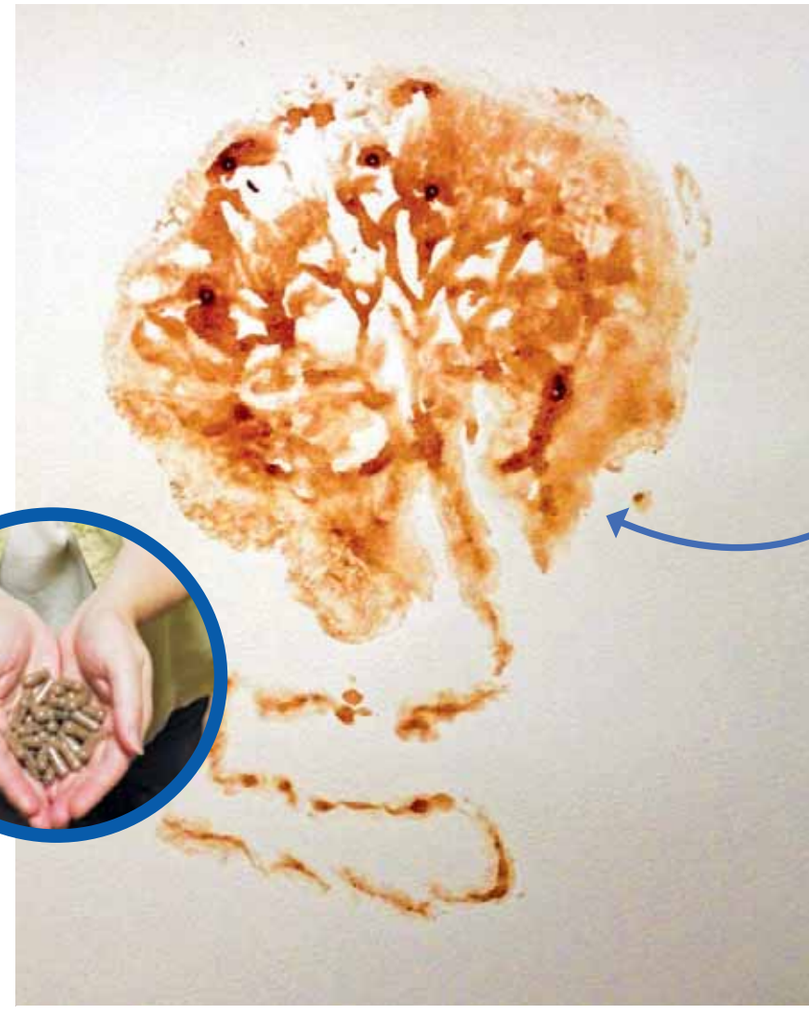
None of the studies looked into the possible risks of ingesting the organ. "There's really no research in humans of any benefit (of ingesting the placenta) that's been published — there's nothing," says Dr. Amanda Selk, an obstetrician-gynecologist at Women's College Hospital. "And we don't have any safety data either."

Selk says women should consider the limited research and possible risks.

"When you deliver, there are a lot of body fluids close together. You might have a bowel movement and it might touch the placenta. We can't promise it's not contaminated," she says.

Regardless of where placenta pills are prepared, there simply isn't research available yet on safe preparation, says Dr. Selk. "We don't actually know what's safe — what preparation is safe, if high temperatures would kill bacteria and viruses," Selk says.

TORSTAR NEWS SERVICE



Some new moms make art out of their placenta , while others choose to have pills made of it.

KELLY MASLEN/TORSTAR NEWS SERVICE; INSET: LUCAS OLENIUK/TORSTAR NEWS SERVICE

FAST FACTS

Are placenta pills vegetarian-friendly?
The placenta is a human organ but plenty of vegetarian and vegan moms make an exception when it comes to eating afterbirth. An exploration of vegan and vegetarian message boards reveals some women eat raw placenta, as one would a steak, or add it to a smoothie.

Parting with your placenta
Placenta encapsulation isn't the only way women make use of their placenta giving birth. Over the years, various options have emerged, allowing new moms creative ways to use this life-giving organ.

Afterbirth artwork
Some doulas offer a service where a fresh placenta is pressed against paper to create a blood-stained print, revealing the unique tree-like structure of the organ in an artistic keepsake.

Plant placenta
Some women keep their placenta and plant it in the ground — often as a ceremony after giving birth, or on their child's birthday — to provide nutrients for a newly-planted tree.

Turn it into a tincture
A placenta tincture service offered by certain doulas involves taking a piece of the raw placenta and steeping it in alcohol, creating a placenta infusion that's ingested by adding a dose with a dropper into water.

TORSTAR NEWS SERVICE

HEALTH BRIEFS

Woman starts website for hair pulling disorder
A Winnipeg woman has launched a website that hopes to offer help to thousands of people who have a little-known condition called Trichotillomania. Tenesha Lawson says the mental health condition causes people to pull hair out of their bodies. Lawson has lived with the condition since she was 11 years old. She didn't know what it was until she was diagnosed four years ago.

Psychologist Toby Rutner says it's considered a form of obsessive compulsive behaviour and can be triggered by stress. Lawson's website called "Dear Trich," serves as a place for people to share personal stories and support each other.

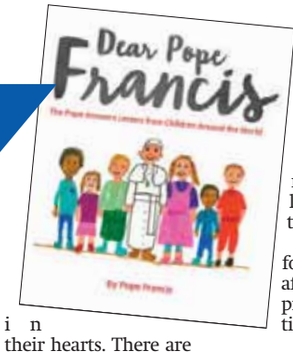
THE CANADIAN PRESS

NEW BOOK

Out of the mouth of babes: Pope answers kids' queries

"If you could do one miracle what would it be?" William, 7, from the U.S.

"I would heal children. I've never been able to understand why children suffer. It's a mystery to me. I don't have an explanation." Pope Francis



Dear Pope Francis, 10-year-old Mohammed begins, "Will the world be again as it was in the past?"

Signed "Respectfully yours," the boy wrote from a Jesuit-run school for refugee children in Syria and was treated to a long and personal answer from the pope himself. So were 29 other children who posed questions to Francis in letters from around the globe for a new book poignantly illustrated with their own artwork.

The book, Dear Pope Francis, is out March 1 from Loyola Press in Chicago. It's a project that likely wouldn't have materialized without the help of Father Antonio Spadaro, a Jesuit like the pope and the director of La Civilta Cattolica, a Roman Catholic journal published in Rome.

Tom McGrath of the Jesuit-founded publishing house co-edited the book with Spadaro after reaching out to the priest for help. Spadaro brought about 50 letters with questions to the pope so he could select 30. Spadaro sat with the pope as he responded to each. Francis often complimented the artwork of the children.

"He knows Pope Francis very well," McGrath said of Spadaro. "We tried to make it as easy for the pope as possible."

The pope's response to Mohammed spoke in part of suffering and the people who inflict it:

"There are those who manufacture weapons so that people fight each other and wage war. There are people who have hate in their hearts. There are people who are interested only in money and would sell everything for it. They would even sell other people," he wrote.

More to Mohammed's point, Francis answered: "No, when the time comes, the world will not be as it was. It will be far better than it was in the past."

Once the pope agreed to participate in the project, Loyola reached out to priests and lay people around the world to connect the publisher with children to write the letters.

The 30 kids in the book range in age from 6 to 13. "He loved the project right from the beginning," McGrath said.

"He has this great affection for children, who have a great affection for him. He was surprised at the depth of the questions."

There was no condensing or editing of the pope's responses. In a 90-minute session with Spadaro last August in Rome, Francis responded verbally in a mixture of Italian and Spanish. Spadaro served as transcriber in addition to connecting Loyola Press with the Vatican.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Grains of truth in politics of police work

THE SHOW: Bosch, Season 1, Episode 6 (Crave)
THE MOMENT: The Car Meeting

Bosch based on novels by a crime reporter. CONTRIBUTED

Los Angeles, night. One black SUV rolls up to another on a garage roof. Smoked windows roll down.

"Mr. District Attorney, thanks for coming," says Deputy Police Chief Irvin Irving (Lance Reddick).

"I don't have much time," replies the DA, Rick O'Shea (Steven Culp), flexing his power.

"The DA and LAPD trading punches on the news — it undermines public confidence," Irving says. "Which is why I've refrained from releasing my copy of the video."

The cockiness drains from O'Shea's face. That video shows him screwing up. He didn't know Irving had it. "What do you want?" he asks.

"My endorsement of your mayoral campaign would go a long way in the black community," Irving says.

"It's crucial that our next police chief be a native Angelino who's risen through the ranks," O'Shea offers, describing Irving. Irving nods. They've reached an understanding. Windows roll up.

"He'll f— you if he can," Irving's driver warns.

"No doubt," Irving replies.

I love TV shows that are based on journalism — The Wire, Treme — because sprinkled through the plots are facts to learn, moments of truth. Bosch is one of those. Michael Connelly, who wrote the source novels, was a crime reporter, and he keeps an arm on the creative tiller. (He personally chose Titus Welliver to play his title character, the rule-bending detective Harry Bosch.)

Bosch feels especially factual on the politics of police work, the relationship between catching criminals and elections. Harry doesn't play that game. So we never run out of tension. Or information.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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LEARNING CURVE

KPU receives donation from Sportsnet

CONTRIBUTED

It is an exciting time to be a journalism student at Kwantlen Polytechnic University (KPU). Earlier this month, it was announced that KPU had received a donation of $250,000 from Sportsnet, one of the largest sports broadcasting companies in Canada.

The gift from Sportsnet is the largest KPU's Journalism and Communication Studies Department has ever received. According to Dr. Alan Davis, KPU president and vice-chancellor, the funds will be well-spent in order to support our nation's next generation of media professionals.

"The demands of business and industry are ever evolving, and as a polytechnic university, we ensure our graduates are equipped to excel," said Davis in a media release. "Sportsnet's generous gift will push our journalism program in the vanguard of an increasingly dynamic and digital industry. This is truly a big win for KPU and we want to thank Sportsnet for this donation. It will have a huge impact on our program and our students."

KPU plans to put the first $100,000 of the donation towards creating six annual scholarships, including a pair of $5,000 awards that will each allow recipients to travel to pursue a significant story. The first will send the student to cover a major North American sporting event, and the other will allow the recipient to travel the continent, researching a major issue in sports. Four $2,500 scholarships will also be created and available annually for the next five years to students enrolled in KPU's journalism program.

"Canada is home to some of the best and brightest minds in the sports media industry, and Sportsnet is thrilled to help KPU provide cutting-edge educational opportunities for up-and-coming sports journalism talent," said Scott Moore, president of Sportsnet & NHL Properties, Rogers.

"Success is being prepared for when the opportunity presents itself – and we are deeply committed to supporting education opportunities for youth and young adults, particularly when it comes to technology, innovation and the future of sports media in Canada."

The journalism program at KPU offers a range of courses in all genres of the field, as well as related topics including Multimedia Storytelling and Data Visualization. To learn more, click to kpu.ca/journalism.

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ISTOCK

College revamping hospitality program

After an administrative review of its bachelor of Hospitality Management Executive Cohort program, Vancouver Community College (VCC) is preparing for a September re-launch of the offering aimed at students with significant professional management experience and accomplishments in the hospitality and related industries.

"We're thrilled to again be offering this option," says Michael Tittel, VCC's department leader of hospitality management diploma and degree programs. "It allows students to complete the 60-credit course requirement for the degree within 12 months rather than the two years it typically takes to complete our bachelor of Hospitality Management program."

Those who previously finished a diploma and work in mid- to senior levels of hospitality management will benefit from the program's 20 courses, which, says Tittel, will focus on areas such as finance, leadership and entrepreneurship through a combination of theory and practical learning.

"This is a global industry and if, for example, someone wants to go to the U.S. but doesn't have a bachelor degree, they won't get that opportunity," he says. "This program is the key that helps students to unlock opportunities on a much larger, global basis."

With a delivery format that will include evening and weekend classes, online learning, condensed courses, as well as a capstone course that involves self-directed study, the executive cohort option ensures students can keep up with their current responsibilities.

"Students in the program won't have to give up their jobs and will be taking this program as an educational component above and beyond their job," says Tittel.

In addition to the 12-month executive cohort and the two-year bachelor of Hospitality Management programs, VCC also facilitates a two-year Hospitality Management diploma, which Tittel says is designed as an entry point into the industry.

"If I could simplify it: A diploma will get you a job and a degree will get you into a career," he says. "With our diploma program, we give you the basics that will allow you to go up the career ladder two rungs at a time compared to someone who doesn't have an education." For more information about the school's hospitality management options, visit vcc.ca.

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Adult upgrading Wednesday, Jan. 13, 3 p.m. – room B1208	Broadway
University transfer Wednesday, Jan. 13, 3 p.m. – room B1208	Broadway
First-year university transfer (computing science) Wednesday, Jan. 13, 5 p.m. – room B1228	Broadway
First-year university transfer (engineering) Wednesday, Jan. 13, 5 p.m. – room B1228	Broadway
Digital graphic design Thursday, Jan. 14, 6 p.m. – room 821	Downtown
Access to careers and education Friday, Jan. 15, 12 p.m. – room 236	Downtown

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

VANCOUVER COMMUNITY COLLEGE

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SFU brothers recognized for bravery

Students play a life-saving role at scene of accident

Brian and Graham Haddon have a lot in common; they are both students at Simon Fraser University (SFU), as well as members of the school's famous Pipe Band.

Now the duo can add another significant accomplishment to the list of things they have achieved together.

The brothers from Langley were recently recognized by the Vancouver Police Board for their heroic life-saving role at the scene of an automobile accident in August 2014. In fact, Brian and Graham were presented with the board's highest civilian honour, the Certificate of Merit.

On that fateful August morning, the brothers were on their way to the Vancouver airport with their family, as they were set to board a plane to the World Pipe Band Championships in Scotland. While travelling along Marine Drive, the Haddons noticed a motorcyclist pinned under an SUV while still straddled to her motorcycle.

Brian and Graham, along with their father and another motorist, were able to lift the SUV enough to provide the necessary space for the woman to slide out from under the vehicle.

"The traffic was heavy and moving quickly at that time of the day and we were very concerned that all of the people involved at the scene had the potential to be injured by the passing cars being driven by distracted drivers, most looking at the rescue effort instead of the road — some even taking pictures with their phones as they drove past at 60+ km/h," said mom, Lori Haddon, in a media release. "It was a very dangerous situation for everyone involved."

Once the motorcyclist was freed from under the SUV, the Haddons provided her with first aid until the Vancouver Fire Department arrived and took over.

Brian, 20, is a third-year health sciences student and a piper in the SFU Pipe Band. After university, he plans on becoming a police officer with the Vancouver Police Department.

Graham, 19, is studying sciences and math, and is a drummer in the Pipe Band. After he completes his degree at SFU he has his sights set on becoming a respiratory therapist.

CONTRIBUTED

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UPGRADE YOUR EDUCATION

Was your New Year's resolution to achieve your educational goals? The Vancouver School Board's (VSB) adult education courses can help you to graduate from high school, upgrade your marks or gain Canadian credentials.

"All of our options are geared towards ensuring that students have the flexibility they need to meet their academic goals," says Adrian Keough, the district principal of the VSB's specialty programs. "New nine-week and 18-week terms start in early February and students can register now."

Depending on their needs and schedule, students can spend two to three hours per day in class with the nine-week option or two in-class days per week with the 18-week courses. The VSB also offers a self-paced option.

"Students who are independent workers, have some background knowledge on the topic they are studying and need the highest level of flexibility are good candidates for the self-paced option," says Keough. "If they need help with assignments or want to discuss long-term goals, they can come into the learning centre at the education centre where they registered and meet with advisers and teachers."

The VSB also facilitates Foundations Literacy courses, which build language competencies and prepare students for high school credit level courses.

A placement assessment may be needed to plan a program to help students meet their goals. Tuition free courses are available for students who meet specific criteria. For more information, visit ae.vsb.bc.ca.

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English classes for beginners offered at Laurier Elementary School and Nightingale Elementary School 604-713-5770
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Find your path
Take daytime, evening and Saturday classes in a variety of subject areas.
Tuition-free courses are available (must meet criteria to be eligible).

Building a resume while at school

ISTOCK

In a competitive job market, education is just one piece of the puzzle — experience is often just as important.

Getting experience while still being a student can be challenging, but it's worth the effort to set yourself up for a potential job later.

"You gotta be creative," says Career Development specialist David Cataford. "You have to volunteer, you have to be proactive, you have to make connections."

Cataford says that social media is a good start to researching potential employers and the people you'd like to connect with professionally, but it shouldn't stop there.

"I like old-fashioned: meeting people face to face," he says. "So send an email but follow up with a phone call and try to meet in person."

Cataford suggests scouting out events and places where you might be able to meet people from the industry and learning more about whatever it is you're pursuing. Doing research and getting familiar with your potential employers will help you make an informed decision when it comes time to take a job.

"The jobs that are posted, they hire people who have made a connection to them before they posted it," he says. "Drop off a resume or cover letter. They'll know you're interested in them… so when there is an opening, who are they going to look to, right?"

He adds that if there's someone you'd like to meet who you think might give you some direction, reach out and ask them for coffee, but be courteous.

"If you're genuine about the way you approach these people, they'll help you out," he says. "But fit within their schedule."

And lastly, try to either work or volunteer in your field, even if it's only part-time.

"If a student wants to be a pharmacist, well OK, practise being a pharmacist, get a job at a pharmacy, go talk to a pharmacist," he says. "And if you can't get the job, volunteer. Maybe you can shadow."

He adds that many schools provide career services to students, which are great resources. And for those out of school, check out your industry associations. They can be great places to make connections with not only future employers, but others in your field.

Find a bright career with electrician training

CONTRIBUTED

Finding a fulfilling and in-demand job can be a challenge. British Columbians looking to take off in a new career are increasingly turning to the trades.

Electrician training is one growing field in B.C. According to the provincial government's most recent B.C. Labour Market Outlook report, there will be a need for more than 5,000 additional electricians in the province by 2024.

"As B.C.'s economy grows in the next few years, the need for electricians will be greater than ever," says Bogdan Marin, lead instructor of Vancouver Career College's Construction Electrician Foundation program. In 2014, more than 97 per cent of graduates from the college's Construction Electrician Foundation program were hired after graduation. "Electricians are essential to helping British Columbians build their homes and businesses."

Their job takes electricians around the province, from residential work in rapidly growing Vancouver to commercial or industrial work in some of British Columbia's most remote locations. The diverse and exciting jobs available to electricians include installation and maintenance of electrical power, lighting, and data and communications infrastructure.

Many students find that learning electrician skills and knowledge is a welcome challenge, including analyzing electric circuits, interpreting drawings and using power tools, says Marin.

"Now is a great time to be an electrician in B.C."

Find out more about the program at Vancouver Career College online at study.vccollege.ca, or by phone at 1-800-993-4086.

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ISTOCK

Making mental health matter

For many, university is one of the most stressful parts of life. Deadlines and exams are anxiety-inducing, and make it nearly impossible to keep stress down. Which is bad, right?

"Some of those anxiety feelings can actually be very productive," says Janine Robb, executive director of health and wellness at the University of Toronto. "What we're seeing is a lot of students who have really strong emotional experiences of feeling very stressed and they're not prepared to be able to sit with that."

According to Robb, stress has gotten a bad rap lately, but when it's happening in a cause-and-effect context, like preparing for an exam, it's actually just your body reacting the way it should.

"You're highly alert, highly attentive… your body biologically has been created to cope with something that's not usual," she says. "But if you wake up every morning and it gets harder and harder to function, attend class, leave your room, that's a little more than just normal feelings and that's when somebody should be seeking some help."

Stress and anxiety that isn't clinical can be managed in a variety of ways so students get the most out of school without feeling overwhelmed. Robb suggests taking time to disconnect.

"You're connected all the time, you're constantly being stimulated by your phone and texting," she says. "(At the University of Toronto) we've provided meditation opportunities on a daily basis across campus and students are responding to that. They love it."

Besides letting your mind recharge, Robb says it's just as important for your body to do the same. She says getting enough sleep and taking naps as needed are productive — even more so than an extra hour of studying.

"It helps your brain reset itself and be capable of absorbing more info," she says. "Pulling an all-nighter is the same as having a blood alcohol level of .08, which would be considered driving under the influence so it doesn't really help."

Lastly, she recommends that students not turn to alcohol to unwind.

"I know it's kind of been historically and traditionally a quick fix," she says. "What alcohol in-take does is it can cause you to feel after the fact, anxious and depressed."

Robb says a lot of students feel isolated in their experiences and think that they are the only ones, which is why it's important to build communities and share with others.

UBC TO UPGRADE LIFE SCIENCES FACILITIES

Renovating and upgrading. That's the plan for the University of British Columbia's (UBC) Life Sciences facilities, thanks to a $19.95 million commitment from the provincial government. The funds will allow UBC to complete an $80-million makeover of its Biological Sciences Complex – a facility that provides 2,000 students and professors with classroom and laboratory space.

B.C. Premier Christy Clark announced the financial commitment during her keynote address at the #BCTECH Summit.

"Our government invests tens of millions of dollars in innovation at public post-secondary institutions to build on the growth and diversification of our economy and advance technology," said Clark. "Research at UBC offers students hands-on study opportunities that lead to exciting fields of discovery, expand our technology sector, and contribute to UBC's leading position amongst world universities."

Subjects taught in life sciences include human health, microbiology, disease and infection, as well as plants and crops, biotechnology and animal health.

"Whatever their focus, from micro-organisms to human beings, the life sciences are an area of research producing life-changing discoveries and new technologies that make our lives better," said UBC Interim President Martha Piper. "The renewed teaching laboratories at the Biological Sciences Complex will ensure that UBC can continue to provide the best facilities for our students and maintain its reputation as a leader in the life sciences."

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metro SPORTS

Canada's Jamal Murray was named SEC freshman of the week after averaging 18.5 points and seven rebounds in a pair of Kentucky wins

Hamhuis hopes to return after all-star weekend

CANUCKS

Veteran D-man underwent surgery on facial fractures

Cam Tucker
Metro | Vancouver

Less than two full months after being hit in the face with a slap shot, resulting in multiple facial injuries that required surgery, Dan Hamhuis is hoping to return to the Canucks lineup following the all-star break.

Wearing a full face mask, the veteran defenceman took part in Monday's practice prior to the team's final game — Tuesday against the Nashville Predators — before the all-star weekend.

Whether he plays Feb. 4 against the Columbus Blue Jackets will depend on how he fares in practice following the break.

The facial fractures he suffered were extensive.

"The first seven to 10 days were really tough," said Hamhuis.

"It's kind of hard to describe. I mean, multiple fractures. Places were shattered, so I don't know if you count those as breaks. But you could count 15 to 20 breaks right through the face, through the maxilla bone and up into the cheek.

"It just … tells the amazing story of how the doctors were able to put that together and it's healed up very well."

Hamhuis, 33, said he has two permanent plates in his cheeks, and still has "numb spots" through his mouth, gums and nose. His teeth, he said, will need work done in the off-season.

He said his jaw was wired shut for three-and-a-half weeks — until Jan. 4, when he was cleared to begin slowly eating solid food again.

"That first day, I was pretty tentative. It was more like a scramble eggs, mash potatoes, cottage cheese type of diet," he said.

The timing of Hamhuis' possible return is also of interest. Vancouver's defence isn't very strong beyond the top pairing of Alex Edler and Chris Tanev, and rookie Ben Hutton.

The trade deadline is also on Feb. 29.

The Canucks are still playoff contenders, but they'll likely have decisions to make with veteran players on expiring contracts, depending on where they sit in the standings.

Hamhuis is a pending unrestricted free agent, with a contract that carries a cap hit of $4.5 million, according to GeneralFanager.com.

Dan Hamhuis wore a full face mask at practice on Monday. DARRYL DYCK/THE CANADIAN PRESS

LINEUP NOTES

Sutter ready to return

Brandon Sutter will return to the Canucks lineup against the Nashville Predators on Tuesday, after missing the last 33 games following sports hernia surgery.

On Monday, Sutter skated on the top line with Daniel Sedin and Jannik Hansen on his wings. He was also on the top power-play unit.

In 16 games, Sutter had four goals and eight points.

Canucks captain Henrik Sedin, injured in Brooklyn during the six-game road trip, did not skate Monday.

Meanwhile, 19-year-old rookie Jared McCann skated as an extra forward, which would suggest he will be a healthy scratch against the Predators, while Adam Cracknell looks to draw back into the lineup in his place.

VANCOUVER GIANTS

Ronning added to prospects game

Ty Ronning will play in the Top Prospects Game.

Ronning, the Vancouver Giants' leading goal scorer and a Burnaby Winter Club minor hockey product, was added to Team Cherry for the CHL Top Prospects Game, which goes Thursday at the Pacific Coliseum.

His addition to the event was announced Monday, but it comes at the expense of his Giants teammate Tyler Benson, who will not be able to play due to a lower-body injury that has kept Vancouver's captain out since Dec. 30.

As of last week, Benson, who was initially the captain for Team Cherry, was still not skating due to the injury.

After a difficult and injury-plagued 2014-15 season, the five-foot-nine, 165-pound Ronning has forced his way into the NHL draft conversation.

The son of former Canuck forward Cliff Ronning has 26 goals and 41 points in 45 games this season for the Giants. After being left off NHL Central Scouting's preliminary list of players to watch heading into this season, Ronning's impressive season has garnered the attention of NHL scouts.

He was ranked 82nd among all North American skaters by Central Scouting earlier this month.

CAM TUCKER/METRO

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Scintillating Serena sails past Sharapova

Serena Williams is two wins away from taking her seventh Australian Open championship. QUINN ROONEY/GETTY IMAGES

AUSTRALIAN OPEN

Top-ranked reaches semis, improves to 19-2 vs. Russian

Serena Williams attacked Maria Sharapova's strength, and it helped extend her complete domination of their rivalry, earning the six-time Australian Open champion a place in the semifinals.

Top-ranked Williams beat Sharapova 6-4, 6-1 in the quarter-finals on Tuesday, her 18th consecutive victory and 19th in 21 career meetings dating back to 2004.

"It was super intense," Williams said of the replay of last year's final. Sharapova is "an incredibly intense, focused player who was No. 1 and has won so many Grand Slams for a reason.

"You have to come out with a lot of fire and intensity."

Each of the six previous times Williams has won a quarter-final at Melbourne Park, she has won the title at the season-opening Grand Slam tournament.

Up next for her is fourth-seeded Agnieszka Radwanska, who beat No. 10 Carla Suarez Navarro 6-1, 6-3 to reach a Grand Slam semifinal for the fifth time. She has never won a major.

Sharapova has won five majors, including the 2008 Australian title, and has been in three other finals at Melbourne Park.

In her fourth-round win against No. 12 Belinda Bencic she had a career-high 21 aces. Against Williams, she had three and seven double-faults.

Sharapova broke to open the match and held for a 2-0 lead.

But Williams held in the third game, closing with an ace after it went to deuce, and then broke to level at 2-2.

18

Williams has beaten Sharapova 18 straight times.

Williams was then able to protect her serve and go on the attack against Sharapova's. Aggressive returns finally helped Williams convert on her fourth set point, following a heavy ground stroke to the net and putting away a volley. She went on a five-game roll until Sharapova held in the second set and then finished it off in the seventh game after saving break points.

Williams had medical treatment between sets and again in the second during a changeover, but it wasn't clear what the problem was. She didn't comment on it in her on-court interview.

THE ASSOCIATED PRES

NBA

James helps Cavs' new coach Lue to first win

LeBron James scored 25 points and the Cleveland Cavaliers gave Tyronn Lue his first win as head coach with a 114-107 victory over the Minnesota Timberwolves on Monday night.

Cleveland lost to Chicago on Saturday, a day after Lue replaced David Blatt, who was fired on Friday.

The Cavaliers struggled with the Timberwolves before going on a spurt that began late in the third quarter and carried over into the fourth.

Cleveland still had to hold off a run by the Timberwolves, who cut a 15-point lead to 94-91 midway through the fourth. Tristan Thompson scored seven straight points, and Matthew Dellavedova hit a three-pointer, giving Cleveland a 104-91 lead.

Minnesota got within four, but the Cavaliers put the game away at the foul line.

Karl Anthony-Towns led Minnesota with 26 points and 11 rebounds. Zach LaVine scored 21 points, while Andrew Wiggins added 20.

THE ASSOCIATED PRESS

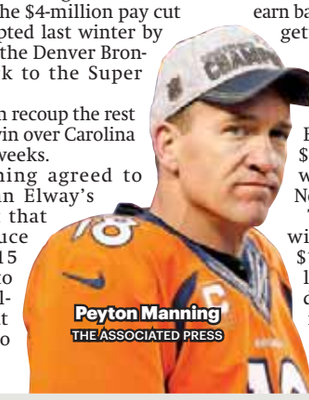
NFL

Manning $2M richer

Peyton Manning earned back half of the $4-million pay cut he accepted last winter by leading the Denver Broncos back to the Super Bowl.

He can recoup the rest with a win over Carolina in two weeks.

Manning agreed to GM John Elway's request that he reduce his 2015 salary to $15 million. But he did so with the caveat that he could earn back every penny by getting to and winning Super Bowl 50.



Peyton Manning
THE ASSOCIATED PRESS

Each member of the Broncos earned $46,000 Sunday when they beat New England 20-18.

The Super Bowl winners each get $102,000, and the losing team's individual share is $51,000. THE ASSOCIATED PRESS

IN BRIEF

Lions OL Valli retires

After 10 seasons locked in those fierce battles at the line of scrimmage, B.C. Lions veteran offensive lineman Dean Valli has called it a career.

The Lions selected Valli, the North Vancouver product, out of Simon Fraser University with the sixth overall pick in the 2006 CFL Draft. He played 155 games over 10 seasons with the Lions, winning Grey Cup championships in 2006 and 2011.

"Dean gave us everything he had for 10 years, and I'm grateful for his contributions to our club both on the field and in the community," said Lions GM and head coach Wally Buono in a statement.

The Lions announced that receiver Cam Morrah will also retire.

A former Seattle Seahawk draft pick, Morrah suffered a season-ending injury in the Leos' second game of the 2015 season.

CAM TUCKER/METRO

Graham James granted day parole in Quebec

Graham James, the disgraced former junior-hockey coach who sexually abused several players under his watch more than two decades ago, was granted day parole Monday.

Graham James
THE CANADIAN PRESS FILE

James, 62, appeared before the National Parole Board at a federal prison in Laval, Que., where the ruling was handed down after a four-hour hearing.

He is currently serving a seven-year sentence for sexually assaulting players he coached in the late 1980s and early '90s with the Swift Current Broncos of the Western Hockey League. James, who was seeking full parole, has been convicted of sexually assaulting six of his former players hundreds of times during that period.

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RECIPE Black Bean Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Who says vegetarian dinners have to be virtuous? Not us. You won't miss the beef in these zesty, hearty veggie burgers.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 4

Ingredients
- 2 x 14 oz cans of black beans, rinsed
- 1 egg
- 1/4 cup of panko or regular bread crumbs
- 2 tsp cumin
- 1 tsp dried oregano
- 1/4 tsp cayenne
- 1/4 cup fresh cilantro
- 3 Tbsp oil

Directions

1. Place 1 can of beans, panko, cumin, oregano, cayenne and egg into a blender. Pulse it together until it forms a goopy paste.

2. Empty the blender contents into a bowl. Stir in the other can of beans and the cilantro. Use your hands to form into patties. Don't make them too big or you'll have hard time with flipping.

3. Heat oil in a pan to medium then gently place patties in. Cook for 5 minutes — without touching! — then carefully flip with a thin, flexible spatula. Cook for another 5 minutes on the other side. Serve on a bun with your favourite toppings, like tomato, avocado, lettuce, salsa, spicy mayo.

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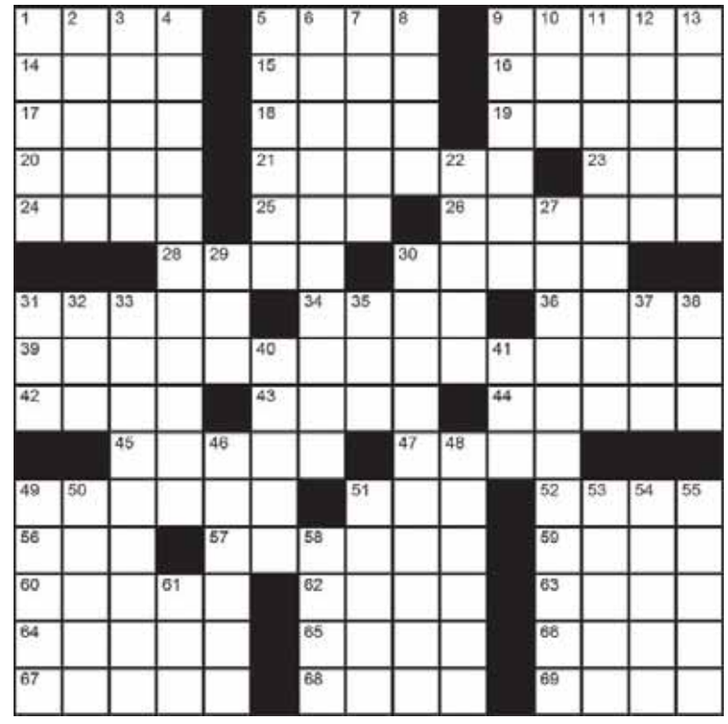
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Requiring-directions reason
5. __ notes (Quiz-taker's no-no)
9. Aspect
14. Stagnate
15. Comedian Jay
16. Earthy hue
17. Not ever, in verse
18. Klutzes
19. Rule on the throne
20. Achiever
21. Horror movie franchise starring Neve Campbell
23. Negative word
24. __-inflammatory
25. 7th Greek letter
26. Football legend Joe who was a New York Jets quarterback
28. Ms. Spelling
30. Air Canada employee
31. Peggy __, "Mad Men" role
34. Depilatory brand
36. Forsaken
39. Canadian __ __ (Train company)
42. Petri dish gel
43. Mr. Redding
44. Faultfinder
45. Style, as per music or movies
47. Banff National Park animals
49. Adjust ahead of time
51. Health resort
52. Smashes
56. "I don't get it."
57. Beat
59. Grand
60. Denigrate
62. Hang over
63. Vogue's Ms. Wintour
64. Mount of the Bible
65. Coastal bird, variantly
66. Put a 'roof' on a room
67. Concluded
68. Olde-style reward
69. Door fastener

DOWN
1. Ms. Ronstadt
2. Ancient theatre
3. Winter weather woe
4. NWT's equivalent in French is TNO which means: __ du Nord-Ouest
5. Nearer
6. Make an expired membership usuable again
7. Prefix with 'red'
8. Music systems company as seen on The Shopping Channel
9. Posh party
10. Card deck symbol
11. Historic neighbourhood of Vancouver
12. Farm grain problem
13. Wedding anniversary for tin
22. Rita's role in "West Side Story" (1961)
27. Coffee hangout on "The Beachcombers": 2 wds.
29. "Thou, too, sail __, _ Ship of State!" - Longfellow
30. Name of Nick Adonidas' log salvaging boat on the show at #27-Down
31. __ _ whim
32. Fall behind
33. Theatrical gig
35. Mr. Roth
37. Movie star, Aishwarya __
38. Big Apple
40. __ Bay, Ontario
41. "Eeew!"
46. Sea nymph in Greek mythology
48. Hightailed it
49. Chapter of sorts
50. Apply, as skin moisturizer: 2 wds.
51. The Comedy __ (Stand-up venue in Los Angeles)
53. Sleep problem
54. Subcompacts
55. Illegally sell concert tickets
58. Cosmology stuff in space
61. Freelancer's encl.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The critics may say you've been lucky, and maybe you have, but luck is only part of the story — you do in fact deserve your success. Now do something with what you've got, not just for yourself but for others too.

Taurus April 21 - May 21
Put a name to your desires. What is it that drives you? What is it that you want most out of life. Once you have decided that the next step is easy: go out and get it.

Gemini May 22 - June 21
If you're not planning a trip then you should be. Cosmic activity in the area of your chart that governs long-distance travel will inspire you to expand your horizons.

Cancer June 22 - July 23
A problem you have tried to deal with by pretending it does not exist will come back at you again today. Be prepared to do whatever it takes to change your life for the better.

Leo July 24 - Aug. 23
Honesty is essential, even if it means you have to say something that might hurt a loved one's feelings. You have a reputation for calling it as you see it, give it to them straight.

Virgo Aug. 24 - Sept. 23
You are right to be proud of what you have achieved, so let the world know what you have done and let people in positions of authority know you intend to do even more in the future. Spread the word.

Libra Sept. 24 - Oct. 23
The Sun in Aquarius is sure to bring something good your way. Also, this is one of the best times of the year to start something new!

Scorpio Oct. 24 - Nov. 22
You need to put a family squabble behind you and begin a new chapter of domestic harmony. You cannot change the past but you can change your attitude towards it, so forgive, forget and move on — together.

Sagittarius Nov. 23 - Dec. 21
Information that arrives out of the blue will help you make sense of something that previously baffled you. It will also help you distinguish between those who are on your side and those who only pretend to be.

Capricorn Dec. 22 - Jan. 20
Now is the time to fix your financial situation. Cosmic activity in the main money area of your chart will help you make changes that, while painful in the short-term, will yield rewards in the long-term.

Aquarius Jan. 21 - Feb. 19
There is no need to worry and there is no need to hurry. The Sun in your birth sign promises wonderful things — all you have to do is sit back.

Pisces Feb. 20 - March 20
If you want something enough you will find a way to get it. Nothing is impossible. If your desire is strong enough you can make it happen. Dare to dream — and dare to believe that dreams really do come true.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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6			1			2		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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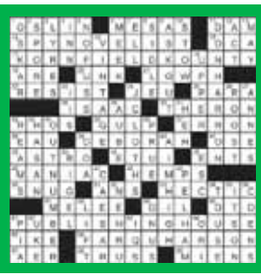

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8	2	4	1	3	5	7	6	9

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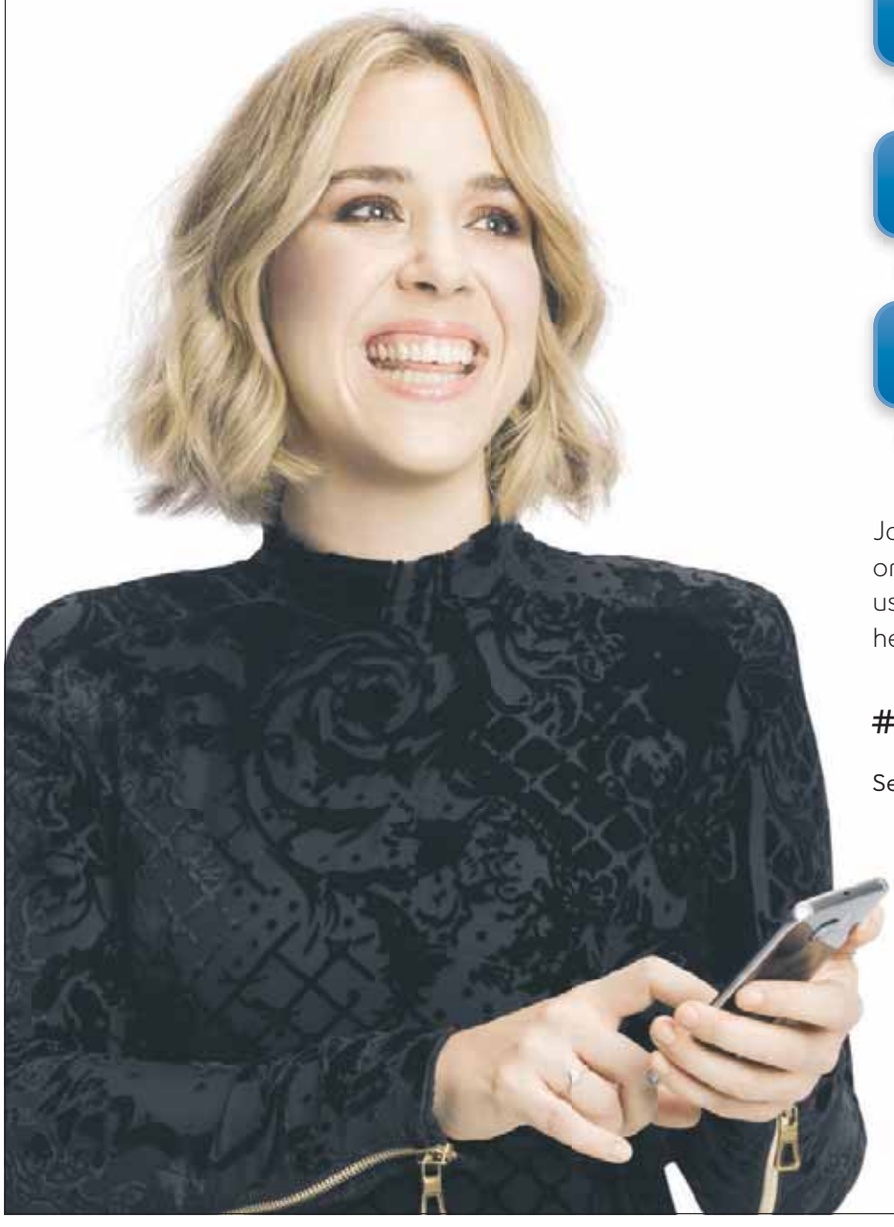

On January 27

set your

to talk

text

tweet

January 27 is Bell Let's Talk Day. For every text, mobile or long distance call made by a subscriber*, and tweet using #BellLetsTalk, Bell will donate 5¢ more to mental health initiatives across the country.

#BellLetsTalk

Serena Ryder

Bell Let's Talk

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*Regular long distance and text message charges apply.